



3rd World Conference on Learning, Teaching and Educational Leadership – WCLTA 2012 Training contributions at mini-volleyball level

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Abstract

We intend to increase the number and the efficiency of game skills, by temporarily altering the official rules, and imposing certain executions for the beginner level. We assume that: compulsory execution of two certain volleyball skills will reduce the number of errors of the actions in the first part of the volleyball phase, increase the total number of individual and collective executions (tactics) during a match, and increase the number of situations where a dispute advances in late phases. The results confirmed our assumptions and the Romanian Volleyball Federation included our percepts in the official mini-volleyball rules.

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1. Introduction

Volleyball strategy implies a special consideration on game skills efficiency aspects. All Romanian authors theoretically agree that the future volleyball players must acquire all specific motions - serve, receive, set, attack, block, dig.

A pertinent opinion was stated by Stroe (1976) underlying the fact that volleyball defence actions (receive, block, and dig) tend to be learned less, the serve and attack being more attractive for beginners, and easier taught. As a consequence the teachers and coaches allocate a lot of time for serve and attack receive. The same point of view is shared by Serban and Hillerin (1984, 2002), both pointing out the necessity of important time allocation, especially for defence skills during training lessons.

On the other side, the lack of decisive attack skills in every game (football goal, basketball point, and such), and the unattractive repetition of defence actions can alienate the young players (Croitoru, 2002). We must underline the necessity to maximize the efficiency of the training lesson as we must respect its duration in time.

2. Aim

As a strategic approach, we intend to modify the game rules at the beginner level in a way that will attract the children and allow us to approach the training goals. We intend to increase the number and the efficiency of game skills, by temporarily altering the official rules, and imposing certain executions for the beginner level.

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3. Working hypothesis

We assume that:

- compulsory execution of the serve from down hand
- compulsory receive of the ball with two hands from below the waist
will lead to:
- reduced number of errors of the actions in the first part of the volleyball phase (the receive is facilitated, thus the set and attack will be executed in better conditions);
- an increase in the total number of individual and collective executions (tactics) during a match;
- an increase in the number of situations where a dispute advances in late phases.

4. Subjects and method

Data was collected during two editions of the boys National Championship Mini-volleyball, editions 2008-2009 and 2009-2010, and a tournament organized by CSS CFR in 2010. During the 2010 tournament our rules were mandatory for all teams and players.

In the 2008-2009 National Championship edition, the participating teams were: CSS CFR Bucharest, CSS 1 Pajura Bucharest, CSS Steaua Bucharest, CSS LAPI Dej, CSS Falticeni, Total Electric Ramnicu Valcea, CSS Buzau, CSS Craiova. In 2009-2010 edition the teams were: CSS CFR Bucharest, CSS Buzau, CSS Campulung, Total Electric Ramnicu Valcea, CSS Baia Mare, CSS Bacau, CSS LMB Valcea, CSS Zalău.

The 2010 friendly tournament organized by CSS CFR Bucharest was attended by eight teams consisting of children from beginner groups. These games were conducted with our proposed rules on the execution of the serve and receive.

For tracking and registering data we used:

- Matches video recording;
- Registration data sheets of the recorded matches;
- Centralizing the statistical importance of the successful, unsuccessful and continuous game skills for each of the three competitions. In data processing we used elementary statistics - means and calculation of percentages

5. Discussion

In the classical/official development of the game we observed that about 7% of the phases end with a serve mistake. The percentage decreases to about 2% using the down hand execution. While it is true that the number of aces decreases, the number of children touching the ball during the game phase increases about five times.

Bending the rules in our way will lead to about 95% of game phases prolonged after serve execution, in comparison with 78% in official way. At the same time it will increase the serve receive, in number as in quality. We registered more than 92% of match phases with good execution of the receive, in comparison with 64% before. The set frequency improved from 63 to 92%, that underlines the fact that the game continues - only in one out of 50 phases we encounter a severe set mistake. With our rules, about 50 to 60% of sets will offer the possibility of attack. It is obvious that a better set will lead to better attacks, so their efficiency will improve. The length of the game phases also increases: the percentage of cases in which one team plays the second phase increases from 17 to 27%. The same thing happens in the second (sometimes third) phase of the game progress both sides of the net: from 10-11 to over 22%

6. Conclusions

With our rules, the players' involvement is enhanced as a result of the increase of the number of individual and collective executions. Long game phases makes volleyball attractive and satisfying even at a low level. The occurrence of the situation in which only one or few players touch the ball decreases, so the number of repetitions increase in real game situations.

By reducing errors and increasing the impact of successful actions we recorded net positive effects on the emotional and motivational perspective for all young participants in the game.

The distortion of the rules may seem as a barrier to winning a game quickly, but from a long-term perspective point of view it is a way to insure continuous progress and increase the attractiveness of volleyball. The same point of view has been shared by the Romanian Volleyball Federation which imposed the serve from down hand as compulsory in every official mini-volleyball competition since 2011.

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